



Spartan Football At-Home Work Out

Week 5



Mon., April 20	Tues., April 21	Wed., April 22	Thurs, April 23	Fri., April 24
<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Pull up 5 sets 10-20 reps Dips 5 sets 10-20 reps Pull ups 5 sets 10-20 Reps Hinge Movement 5 sets 10-20 reps</p> <p>https://twitter.com/i/status/1247185313673416707</p> <p>Running 6-400's in 60 sec 5 min rest between each or sprint in place for 60 sec 5 min rest between each</p> <p>Plyometrics Lateral Barrier Hops 2 sets of 10 reps Jump Squats 2 sets of 10 reps 1-Leg Line hops 2 sets of 10 reps each leg</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Side Shuffle/Push up Position 4 sets-15 Yards Half turn 4 sets (watch the twitter video) Bear Crawl Forward 4 sets- 15 Yards Bear Crawl Backward 4 sets- 15 Yards Leopard Crawl forward 4 set-15 Yards Clock lunges 4 sets (clockwise/counter clockwise is on set) Clock Push Ups 4 Sets (clockwise/counter clockwise is on set) Step/Squat/Turn 4 set-15 Yards Hammy Curls 4X10 https://twitter.com/i/status/1247899255550799875</p> <p>Running 8-200's in 30 sec rest 3 min between or sprint in place for 30 sec rest 3 min between</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Running 5-300's in 50 sec 4 min rest between each or sprint in place for 50 sec 4 min rest between each</p> <p>Plyometrics Rebounds 2 sets of 10 reps paused jumps 2 sets of 10 reps 3-hop & 5-hop 3 sets of each</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Isometric Training <i>4 sets on all lifts & Hold for 10 secs or longer</i> Wall sit Wall push Overhead Shoulder press <i>Lunge Hold</i> Push Up Hold Pull Up Hold</p> <p>https://twitter.com/i/status/1250794090226122753</p> <p>Running 6-150's in 18 sec rest for 2 minutes between each or sprint in place for 18 sec rest for 2 minutes between each</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength & Cardio Training OI & DL 10 Minutes Everybody Else 15 Minutes</p> <p>Watch the Video and Coach Sinclair will explain</p> <p>Every Minute You Should do 50 yard sprint 5 Push Ups 5 Sit ups</p> <p>https://twitter.com/i/status/1248632300432130050</p> <p>Static Stretch (Your Choice)</p>